



ENDOCRINOLOGY & DIABETES PROGRAM

Phone: _____ Fax: _____

Endocrinologist: _____ Nurse: _____

SALT REPLACEMENT FOR MINERALOCORTICOID DEFICIENCY

Your doctor has recommended that your baby take extra salt. The following information will help you measure and give the salt accurately. If you are having difficulty in getting your baby to take the salty formula, please contact your nurse or the dietitian for more ideas.

1 gram of salt* per day can be measured in the following way:

MAKING THE SALT SOLUTION (5%):

- Mix 1 level teaspoon of table salt (which is 6 grams of salt) into 120 milliliters (120 mL, $\frac{1}{2}$ cup, or 4 ounces) of water that has been boiled for 2 minutes, then left to cool. You can also use distilled water.
- Keep the mixed salt solution in a closed container in the fridge.

PREPARING THE DAILY AMOUNT OF SALT SOLUTION:

- Shake the salt solution.
- Mix 20 mL (4 teaspoons) of the 5% salt solution into 120 mL ($\frac{1}{2}$ cup, 4 ounces) of expressed breast milk, formula or boiled water.
- Split into 4 servings of 35 mL (about 1 ounce) each.
- Feed a 35-mL (about 1-ounce) serving of the "salty" formula or water first, followed by regular formula or breast milk, to make sure the baby drinks all the "salty" formula or water.
- The baby needs to drink the "salty" mixture 4 times per day in order to finish it all.

Date: _____

Contact: _____